

Daily Word

A black and white photograph of a snow-covered evergreen tree, likely a Christmas tree, against a cloudy sky. The tree is dark and dense, with white snow clinging to its branches. The sky is light with soft, white clouds. The overall mood is serene and festive.

Merry Christmas

Class Thoughts

PEACE . . . Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ mind you are awakened and inspired to right action for the good of all mankind.

NOV. 20 to DEC. 19

ILLUMINATION (11 a. m.): I give thanks unto Thee, Thou all-providing good, for the light of Spirit shining into my consciousness.

PROSPERITY (12 noon): I thank God that I am satisfied with the prosperity of Spirit.

HEALING (9 p. m.): I thank God that I am nourished with living words of Truth.

DEC. 20 to JAN. 19

ILLUMINATION (11 a. m.): Of the increase of the Christ light there shall be no end, and I am illumined in all my ways.

PROSPERITY (12 noon): I meditate day and night upon the bounty* of God, and He prospers me in all that I do.

HEALING (9 p. m.): Through the understanding of Truth I am born into the Christ consciousness.

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DAILY LESSONS FOR DECEMBER

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"Who" Is the Matter with You?

CLEDA REYNER

“‘**W**HO’ is the matter with you?” A certain spiritual counselor always asks this question after someone has given him an account of physical illness or distress.

Almost invariably there is a story of disturbed human relations behind the pains and ills of the body. Some of the stories are short, and some are long. The chronic cases of discomfort indicate a continued story of unhappiness and tension and discouragement brought about by discord with one or more fellow being.

No one yet knows, for a certainty, just what the state of mind is that causes a certain reaction in the body, for, as we know, the body is a complicated mechanism. The parts of the body are so intricately connected that analysis is a devious and difficult process. But routine observation shows us that when we are depressed we feel sluggish, that when we have hurt feelings we feel tight and restricted in certain areas of our body. Apprehension and dread interfere with our breathing, fear makes us become unduly hot or cold. The body in itself is a sturdy and a marvelous creation with

an amazing capacity for revitalizing its efforts, for renewing and rebuilding itself, yet if the burdens placed on it are heavy enough and constant enough, it will eventually show the strain.

Sometimes we are so used to carrying the strain of resentment, hurt, fear, or hate that we are like an overweight person, who unconsciously has become accustomed to the day-by-day accumulation of flesh and is not aware of the load his frame is carrying.

One woman, upon becoming aware of the effect of thought upon the body, began to watch the tenor of her thinking, and to her amazement she discovered that a daily portion of her thought was turned in resentment toward an injustice that had taken place many years ago. Sensitive to her body's reaction, she noticed that her heart beat faster when she thought of it, that her jaws tightened, that her face felt flushed.

"If I could get rid of all the bad feelings inside of me, I feel that most of my ills would disappear," she told me. And she made a true prophecy, for she found a way to rid herself of inner resentment, and she became not only a happier but a healthier person.

This is the method she used to rid herself of the "bad feelings": She started with a daily period of mental and physical relaxation. Then she con-

sciously directed her thinking along constructive lines. She told herself that the persons she hated and resented so bitterly were children of God, albeit unillumined beings at the time she had dealings with them. This thought alone helped her. It was easier for her, somehow, to forgive them for lack of knowledge than for malicious intent to harm her. No one, she reasoned, wants to hurt another person. When he does, he is making a misguided effort toward self-preservation. She had not been permanently injured by the episode of injustice; on the contrary, some very gratifying events had taken place shortly afterward, she remembered. It was largely "the principle of the thing" that had hurt her. Then, she concluded, justice belongs to the Lord. His laws, active in each life, have their own ways of making things aright; therefore, she was relieved of the responsibility of correcting the actions of others.

This woman did not let go in a minute, or in a day, or in a week, of the tensions she had built up over such a long period of time. But gradually, as the bad feelings gave way to good ones, her body grew strong with new life and vitality.

The stress and strain and confusion to which we are able to subject our body without outward sign is illustrated by a small electric apparatus,

(Continued on page 42)

Star in the East

R. H. GRENVILLE

O heart, look up! and soul, be swift to follow

The guiding star of Truth! Though you have dwelt
Long leagues away in dark and desert places,

The message is for you! Though you have felt
Yourself to be a child of limitation,

A lowly shepherd on some distant height,
To you the angel choir repeats the message

Announced to men the first, fair Christmas night:
"The Christ is born, and all who seek may find Him!

The good your heart desires is very nigh.
Look up, behold! and seeing, gladly follow

The lamp that love has lighted in the sky."





RALPH R. RHEA

Dear God:

Sometimes it seems that we have lost the true meaning of Christmas, that we have lost it in the crowds, in the giving and the receiving of gifts, in the tension, the hurry, the worry that Christmas brings. But You who see into our heart know that we cannot lose the spirit of Christmas. You know that deep within us this spirit abides, giving meaning to all things.

It may seem that we have forgotten the angels' song "On earth peace, good will toward men." But You know that, in spite of how the world may seem, deep within our heart there is the desire for peace and brotherhood, for You have put it there. We may become discouraged with our progress, but we give thanks that You never become discouraged.

At times, it may seem that we are greedy, selfish, thoughtless, but it comforts us to know that You know we really long to love and to be loved. You know that, in spite of how we act, we long to be loving, that we have the capacity for being loving, for You have put Your love in our heart, and You have given us the ability to express it.

Thank You, God, for knowing what we want when we do not know. Sometimes we ask You for so many things. But You in Your love and wisdom can see that we want much more than material things. You know the true desires of our heart; You know our inner longings. You know what it is that we are seeking.

Where we seem to have failed, we know that Your Spirit in us cannot fail. Where we seem to be lacking in health or in supply, in wisdom or in love, we know that Your Spirit in us stands perfect. Because You are with us, we know that we are better than we seem, that we have come farther than we think, that we are more wonderful than we know.

So, dear God, we write you this Christmas letter not to ask for gifts but to thank You for the greatest gift of all—Your own loving Spirit in our heart!

Lovingly,
Your Children

I AM UPHELD AND STRENGTHENED BY MY FAITH IN THEE.

WHEN I HAVE experiences that seem difficult, I am lifted out of fear or despair by affirming and re-affirming my faith in God. When I say to the Lord of my being, "I am upheld and strengthened by my faith in Thee," downcast thoughts are overcome, and I feel renewed in faith and am no longer afraid.

I have faith in the underlying spirit of good present in all creation. I know that when I cannot see the good it is because of my lack of vision, and not because the good is not there.

I have faith in God as the Father, the creator of all, and I know that His Spirit is within us always, the life of our being, the love of our heart, the light of our mind, the limitless source of our supply.

O Lord, I am upheld and strengthened by my faith in Thee. Thou art with me every moment, guiding me, loving me, helping me to see Thy good purposes, helping me to know the true meaning of life.

✿ *Fear thou not, for I am with thee; be not dismayed, for I am thy God.*—ISA. 41:10.

I AM VICTORIOUS IN EVERY ASPECT OF MY LIFE.

VICTORY is the keynote of my life. With God's help, I rise above every limitation, meet every challenge, and grow wiser, more loving, more spiritual. Victory is a state of mind—a triumphant, confident, poised state of mind. Victory is mine through maintaining a deep and abiding faith in God, a faith that renews itself in daily meditation, a faith that reaches into every part of my life during every hour of the day. Victory is faith in action.

There is no habit that can claim me as its own. God is in complete control of my life. Through God, I am victorious!

There is no fear of disease that can panic me; I am victorious, knowing that my body is a perfect one, made after God's own pattern. There is no situation in my life that has power to make me unhappy. Through God, I gain the victory of harmony. There is no lack that can make me feel insecure. Faith in God as my supply gives me victory over lack. God is my complete victory!

♣ *Thanks be to God, who giveth us the victory.*—I COR. 15:57.

Sunday

DECEMBER 3

THERE IS BUT ONE PRESENCE AND ONE POWER IN MY LIFE, GOD, THE GOOD OMNIPOTENT.

I AM one with God and His good. His presence is the only power in my life. God is not only all-powerful, He is close to me, closer than my own earthly parents. He is my wise and loving counselor when I need guidance. He is my companion as I go about my daily activities. I abide in His loving presence, and I am infolded in His love.

As I keep close to God in my heart and mind, all fear leaves me. Day by day, I acknowledge God as the source of my good. He is the presence that watches over me, He is the power that protects me and shields me from all harm.

I keep close to God by abiding momentarily in the consciousness that He is the only presence and the only power governing my life. I rest in the assurance that I dwell in Him and that He blesses me in every needed way.

*Thou wilt show me the path of life:
In thy presence is fulness of joy;
In thy right hand there are pleasures for evermore.*
—PSALMS 16:11.

MY LIFE IS FULL OF UNLIMITED OPPORTUNITIES FOR SELF-EXPRESSION AND SUCCESS.

DO YOU feel that your life lacks purpose, that you are limited in opportunities for self-expression, that success is passing you by? If you do, you can change this feeling by changing your thinking. As you begin to think of yourself as a child of God, endowed with divine ability, as you give expression to the God-powers you possess, new opportunities will open before you, and you will find your way joyous and successful.

God has given you the power that brings success—the power of thought. You can focus your attention on God and think thoughts that are conducive to successful living. Each day spend a definite time in prayer, and train your mind in constructive thinking. Practice thinking thoughts of happiness, joy, and success, and you will invite opportunities for self-expression and success into your life.

✿ *This book of the law shall not depart out of thy mouth, but thou shalt meditate thereon day and night . . . then thou shalt make thy way prosperous, and then thou shalt have good success.—JOSH. 1:8.*

Tuesday

DECEMBER 5

THE SPIRIT OF GOD IS IN EVERY PERSON IN EVERY NATION IN THIS WORLD. I HAVE NO FEAR, FOR I TRUST THIS SPIRIT.

IN THESE DAYS of world unrest, there is no need to be caught in the whirlpool of fear and panic. God is the Father of this world and of every soul in it, and His loving Spirit is seeking to raise each one of us from the realm of strife and hate to the realm of peace and love. But in order to feel His lifting Spirit, which is always within us, we must keep our thoughts on His guiding presence.

By keeping our attention close to His presence within and about us, we shall become so filled with peace and calm that no condition in the world will cause us to fear or doubt. As we stay near to Him in thought, He will speak words of assurance and comfort through us to those with troubled minds and hearts.

In this way we are helping to establish peace. The greatest good we can do for the world at this time is to keep our minds free from fear and hate, to trust in Him, to know that He will care for His own.

♣ *Lo, I am with you always.*—MATT. 28:20.

DECEMBER 6

Wednesday

I EXPRESS THE LOVE OF GOD TOWARD EVERY-ONE, AND MY LIFE IS HAPPY, PEACEFUL, AND HARMONIOUS.

IF YOU FIND there is inharmony and discord in your environment, you can help to establish harmonious and happy relations by letting God's love express itself freely through you toward all persons. By trying to see others through the eyes of love, you will be able to recognize them as children of God, and their behavior will not have the power to make you unhappy or to disturb the peace of your world.

Regardless of how disagreeable conditions may be in your work or how difficult you may find another person to live with, you may be sure that persons and conditions cannot help but respond to the love you express toward them. Unhappy conditions are blessed through your being patient, tolerant, and understanding.

When we learn to meet every person and every situation in our life with love and understanding, we shall have a peaceful, happy, harmonious world.

✿ *Blessed are the peacemakers: for they shall be called sons of God.*—MATT. 5:9.

Thursday

DECEMBER 7

THE POWER, THE PRESENCE, THE LOVE OF
GOD PERVADE MY VERY BEING.

SPIRITUAL RESOURCES are always renewable, and their renewal comes through prayer. In the silence, I let the power, the presence, the love of God pervade my very being. In oneness with the source of my being, my every spiritual resource is renewed. My ability to express love is heightened; I am given an inner strength and courage with which to face and to solve every situation and every problem in my life. A great peace, a great inner poise calms any confusion, any tumult in my mind and heart.

As I daily renew my spiritual resources through prayer, I build reserves for creative activity in my chosen field. I build a reserve of physical strength and health. I build a reserve of quiet, indomitable power that makes me equal to every situation in life, to every world condition. These reserves help me to be a source of comfort and of strength, an example for others who have not yet learned to seek within, in silence, for the inner renewal of their spiritual resources.

♣ *Building up yourselves on your most holy faith.*
—JUDE 20.

THE LIGHT OF GOD SURROUNDS YOU;
THE LOVE OF GOD INFOLDS YOU;
THE POWER OF GOD PROTECTS YOU;
THE PRESENCE OF GOD WATCHES OVER YOU;
WHEREVER YOU ARE, GOD IS.

THIS IS THE prayer Silent Unity is using every day for those who are in need of protection. If you are concerned for the safety of a loved one, use this prayer for him. Know that even as you pray for his protection he is blessed by the prayers of Silent Unity, which go out to all people in need everywhere.

In peace or war, at home or abroad, we cannot go where God is not. When we remember this, we have a real reason for feeling protected and blessed. Wherever we are, God is.

Think of your dear one as being one with God, as having the presence and the power of God within him as intelligence, as life, as love, as power to do whatever he needs to do. Your realization that he is surrounded by the light of God, infolded in the love of God, and protected by the power of God will be a blessing to him and will give him strength and spiritual support.

• *The angel of his presence saved them.*—ISA. 63:9.

Saturday

DECEMBER 9

I BLESS ALL PERSONS AND SEE THEM ENDEAVORING TO EXPRESS THEIR TRUE CHRIST SELF.

IT IS IMPOSSIBLE to have a happy, satisfied feeling within ourself when we resent persons or situations in our life.

If we will realize that it is the desire of every person to be loved and to be approved of, it will help us to be more understanding of others; it will help us to have more harmonious human relations.

When we judge others not according to the things they do or say, but according to their Christ self, we find that we are able to feel compassion instead of resentment, that we are able to bless rather than to condemn. Where the actions of others may have hurt our feelings or made us resentful, now we are able to keep our peace of mind and poise of spirit, because we strive to see beyond the word or the act to the heart, the spirit, which is always seeking to express the Christ.

We shall be able to rise above hurt feelings, criticism, and resentment, as we form the habit of seeing the good in everyone.

✿ *Beloved, let us love one another.*—I JOHN 4:7.

I DO NOT WASTE MY ENERGY IN STRUGGLING WITH DARKNESS. I CONCENTRATE MY POWERS ON ABIDING IN THE LIGHT.

THE WAY of Jesus was never to fight seeming evil, but rather to trust in omnipresent good. No matter what presented itself to Him, He did not complain, resist, or attempt to run away. He simply became still where He was and trusted completely in the loving presence of His Father.

We must follow His example. The path Jesus has set before us is the surest way to perfect overcoming. No matter what our difficulties may be, we must trust in God's power to lift us from darkness. Struggling with the seeming adversary makes us tense, and we are not receptive to God's help when we are tense. Therefore, we must take our attention away from difficulty. We must cease worrying and wondering anxiously about the "if's" "but's" and "how's" by constantly reminding ourself that God is taking care of us. God within us is the power that overcomes. Our part is to trust His power to set us free.

✿ *Not by might, nor by power, but by my Spirit, saith Jehovah.—ZECH. 4:6.*

Monday

DECEMBER 11

IN PERFECT TRUST I TURN TO THE FATHER WITHIN. I KNOW THAT HE HEARS AND ANSWERS MY EVERY PRAYER.

AS I BEGIN this day I turn to God for instruction and guidance. Throughout the day I turn repeatedly within to renew my consciousness of His presence. Instantaneous contact with Him is made, and I am led to carry out His will. I need not employ a complicated form of prayer when seeking the Father's help. The mere turning toward Him sets the law of good in motion. It makes no difference what my need, God is ready to help me whenever I seek Him.

Sometimes we become so elaborate in our prayers that the effect is to give us a sense of distance between God and ourself. The most effective prayer is the one that deepens our awareness of His presence. At one time, we may have felt what we did not know how to pray or that there was something mysterious about reaching through to God. Now we know that He is within each one of us, that He is lovingly accessible to all His children.

✿ *For every one that asketh receiveth.*—MATT. 7:8.

Tuesday

I AM SERENE, CONFIDENT, AND OPEN-MINDED, AS I LET GOD'S GOOD FLOW INTO MY LIFE.

AS I MAINTAIN serenity of mind, I become receptive to the answer to my prayer. I let go all doubt, worry, fear, or anxious thought about myself or anything that is troubling me. I am serene; I know that God is in charge of my life and affairs. I look to Him confidently, trustingly. I am free from burden or false responsibility; I trust in my Father-God, who is taking care of me and mine.

Knowing that God works through me, I now open my mind to His guidance. I listen for the still, small voice that tells me just what to do. I know that all the channels for my good are open, for by my faith and serenity I have cleared the way. I begin this day to make a place in my life for the answer to my prayer, for it is surely on its way to me. Nothing can hinder God's right answer to my own need. Rejoicing and giving thanks, I go forward to meet my good.

*Commit thy way unto Jehovah;
Trust also in him, and he will bring it to pass.*

—PSALMS 37:5.

Wednesday

DECEMBER 13

GOD IS BLESSING ME WITH THE SPIRIT OF LOVE, COURAGE, AND GOOD JUDGMENT.

HOW TO DISCERN God's guidance is a question to which many persons seek an answer. Is there a standard for measuring your desires and inclinations so as to determine whether they spring from God's Spirit?

When you need to make a change in your life, when you need to take action to harmonize a situation, when you need greater self-expression, measure your desires and inclinations with standards such as these:

Have I thought of the welfare of the other persons who are a part of my life? God's way includes the welfare of all. Am I being loving and kind, or selfish and inconsiderate? God's way is the loving way. Is my inclination based on fear and faulty self-appraisal, or on courage and good judgment? God's way is the productive way, the fulfilling way.

If you are acting in love, if you are basing your decisions on the highest judgment you have at the moment, you may be sure that you are following God's guidance.

☛ *Thou wilt guide me.*—PSALMS 73:24.

I AM NOT DISMAYED BY ANY SITUATION.
WITH GOD'S HELP I AM ABLE TO MEET AND
TO OVERCOME ALL THINGS.

THERE ARE times when the situations we face seem to overwhelm us; when it seems that God is far away. While in most situations some action needs to be taken, the challenge is met most effectively by ceasing all activity for the moment, by relaxing from all mental and physical effort, by casting the burden upon God, by letting Him have complete charge. As we stop worrying about how the situation is to be handled, as we realize that God, working through us, is able to do all things, we gain a new sense of inner peace and power.

In a time of quiet prayer, we gain the assurance that God is with us, that even now He is working powerfully through us to bring forth our already established good. With this realization, there comes the warm glow of assurance that all is well. Then whatever action we are directed to take in the outer will be divinely inspired, because we have made direct contact with the Father and are ready to act at His direction.

☛ *With God all things are possible.*—MATT. 19:26.

Friday

DECEMBER 15

THE SPIRIT OF ALMIGHTY GOD IS MY DELIVERANCE, AND I AM FREE.

IF YOU, or someone dear to you, is bound to some undesirable habit, remember that it is possible to be healed completely and to be made free and happy again. Jesus said, "With God all things are possible."

God has placed His glorious, radiant, life-giving Spirit within each soul. You have the power, the dominion, and the authority invested within your own heart, mind, soul, and body to claim your divine birthright of freedom and mastery.

Begin today to center your faith in God and in His overcoming Spirit within you. Deny the limiting habits that have held you or your dear ones in bondage. Affirm with faith the following prayer: "Almighty God, Thou art my deliverance, and I am free."

As you rejoice and give thanks to God, His radiant, glorious, life-giving Spirit sets you free from ever limitation of the past. You step forth into a new life.

✿ *For freedom did Christ set us free: stand fast therefore, and be not entangled again in a yoke of bondage.*
—GAL. 5:1.

I SEEK GOD FIRST, AND ALL THINGS ARE
ADDED UNTO ME.

ALL OF US have experienced occasions when we felt that if we could just demonstrate some particular thing we wanted, our happiness would be complete. But we discovered after the demonstration was made that the thing we sought so diligently and so faithfully failed to bring us the happiness we expected.

The wise words of the Master give us a clue in our search for happiness: "But seek ye first his kingdom, and his righteousness; and all these things shall be added unto you."

To be sure, things in the outer contribute to our well-being and to our happiness. But we can increase our capacity for happiness when we look to God for happiness rather than believing that happiness will come with the acquisition of some particular material thing.

God is our help in every need. In Him is the fulfillment of all the desires of our heart, for He has made us in His image and created us for happy living.

♣ *Whoso trusteth in Jehovah, happy is he.*—PROV. 16:20.



Christmas Eve 1950

JAMES DILLET FREEMAN

There is no star to signal our safekeeping
This Christmas Eve, no angel music to
Ring through the dark and wake us from our sleeping;
The silent night contains no sign from You,
Lord. Yet as once the shepherds and the cattle
Gathered by a stall, tonight we kneel again
And, listening, catch above the noise of battle
Once more a whisper of good will toward men,
Not from the skies, not from an angel chorus,
But in our own heart's still small voice of love
That bids us keep the shining goal before us,
Nor be dismayed, finding no star above—
For You are to be born in our own mind;
There lies the hope of peace for humankind.

I TURN MY HEART GODWARD AND ALLOW
HIS LOVE TO UPLIFT AND TO RENEW MY
SPIRIT.

THAT PERSON is blessed who knows he can depend on God to give him the understanding, the comfort, and the courage he needs.

If your heart is troubled, if life seems difficult to meet, look Godward. Even though you have not thought much about God and feel hesitant about turning to Him now that you need help, do not deny yourself the blessing that turning to Him will bring.

God will comfort you, He will uplift you, He will give you understanding. He is with you even though you have no awareness of His presence. He will bless your heart with whatever it needs for strength and newness.

Turn your heart Godward. Expect to feel upliftment and renewal. Accept God's blessing. He will not fail you. Your heart shall rejoice in His love.

*Our soul hath waited for Jehovah:
He is our help and our shield.
For our heart shall rejoice in him.*

—PSALMS 33:20, 21.

GOD HAS GIVEN ME THE ABILITY TO MEET IN A POISED AND CONFIDENT MANNER EVERY DEMAND MADE UPON ME.

IT IS AMAZING how quickly life begins to fall into an orderly pattern once you accept the fact that God has given you the ability to meet all demands made upon you.

Everyone, at times, experiences a feeling of inadequateness, but God has given you the ability to meet any demand made upon you. As you accept this truth about yourself and begin to take one thing at a time each day, giving it your undivided attention, you will find that you have a definite sense of accomplishment at the end of the day. You will see a pattern of order take form in your life. Tensions will be eased. You will feel fully adequate to meet whatever lies before you.

A helpful way to begin each day is with a short period of prayer—a short period of knowing that God's power is within you, sustaining you, guiding you. This practice will give you the inner quiet and poise you need for orderly accomplishment.

✿ *Cast thy burden upon Jehovah, and he will sustain thee.*—PSALMS 55:22.

GOD HAS GIVEN ME A LOVING AND UNDERSTANDING HEART.

DO YOU know what each heart is seeking? It is seeking to be loved and to be understood.

You may say, "I know that, but what can I do?" You can do a great deal. You can give what is being sought. You can give love and understanding. You have them to give, you know. Everyone has them to give. God endowed each of His children with the ability to give love and understanding.

When you know that you can give love and understanding, you feel capable and helpful in the face of another person's need. You know that what you have to give will reach to the darkest, loneliest place in another's heart and give him light and warmth.

The way to help another, no matter what his need, is to give love and understanding. Give him the love and understanding that will help him to have faith in himself and in life, that will make him feel that he is important and necessary.

✱ *This is my commandment that ye love one another, even as I have loved you.—JOHN 15:12.*

OF THE INCREASE OF THE CHRIST LIGHT
THERE SHALL BE NO END, AND I AM ILLU-
MINED IN ALL MY WAYS.—UNITY ILLUMINATION
THOUGHT.

AS THE JOYOUS Christmas season draws near, we celebrate the coming of the Christ Child, and we rejoice anew in Him who is the light of men, "the light of the world." We give unceasing thanks to the Father for the Son, who came that we might have life and have it more abundantly.

Christ is light, and in Him there is no darkness. He came to bring light to men and to bring men to the light. He came that darkness bred by ignorance of Truth might be banished henceforth, and that the Christ light should know no end.

The Christ has established His kingdom of light, and it endures forevermore. His light is light eternal, and it illumines every man who will receive it and accept it as his infallible guide.

Come all you who worry and are heavy laden, and Christ will give you light. Of the increase of His light there shall be no end.

✱ *Believe on the light, that ye may become sons of light.*—JOHN 12:36.

Thursday

DECEMBER 21

I MEDITATE DAY AND NIGHT UPON THE BOUNTY OF GOD, AND HE PROSPERS ME IN ALL THAT I DO.—UNITY PROSPERITY THOUGHT.

IN ONE OF his most inspiring songs of praise the Psalmist describes the blessings that attend the man who follows wise counsel, who obeys the divine law, who keeps his mind free from doubt and cynicism. Of him the Psalmist says:

"His delight is in the law of Jehovah;
And on his law doth he meditate day and night.
And he shall be like a tree planted by the streams
of water,
That bringeth forth its fruit in its season,
Whose leaf also doth not wither;
And whatsoever he doeth shall prosper."

He who looks continually to God for his supply, who has faith in the bounty of God, and who willingly and diligently follows divine instruction in doing his part to bring his own supply into manifestation, is unfailingly prospered. By having faith in supply, by expecting to receive it from God, and by doing as God directs him, he sets the divine law of abundance into action.

♣ *Whatsoever he doeth shall prosper.*—PSALMS 1:3

THROUGH THE UNDERSTANDING OF TRUTH I
AM BORN INTO THE CHRIST CONSCIOUSNESS.

—UNITY HEALING THOUGHT.

THE CHRIST is come anew this day to every heart that is seeking to know Him. The Christ is the Saviour from every adverse condition of mind, body, or spirit, for in Him is life, light, joy, peace, and healing.

Christ is the Truth that is in us, the true reality of our being. He is the life that is expressed through us, He is the Spirit of our spirit.

Our understanding of Truth does not come to us in full maturity. As it grows and increases in us, we find ourself able to express more and more of the divine perfection that is our birth-right, that is our Christ self.

Let us today unite in this prayer of power: "O Christ of Christmas, I now know that I am one with Thee. All that Thou art, I am. I am now whole, strong, glorious, free!"

Let us give thanks that through the understanding of Truth we are born into the Christ consciousness.

☛ *For as the Father hath life in himself, even so gave he to the Son also to have life in himself.*—JOHN 5:26.

Saturday

DECEMBER 23

IN EVERY SITUATION, I REMEMBER TO BE
LOVING.

SUCCESS IN LIFE is measured not so much by what we accomplish for ourself as by what we do to bring greater joy and peace into the lives of others. All our work and endeavor, important though it may be, is secondary to the divine task of showing divine love to other persons. Never must we permit our ambitions and daily activities to absorb our attention so completely that we become forgetful of those about us. Never must we permit the pursuit of our goal to become so all-important that we consider thoughtfulness and kindness a waste of precious time.

If we would always remember that the way to any worth-while achievement is the way of constant, loving attention generously given to others! The pathway to overcoming any difficulty is along the Christ pathway of infinite kindness and helpfulness.

Regardless of the situation in which we find ourself, love to others is our first consideration.

✿ *The wise in heart will receive commandments . . . love covereth all transgressions.*—PROV. 10:8, 12.

Christmas Eve

"MY SOUL DOTH MAGNIFY THE LORD."

THIS IS Christmas Eve. All the mystery and beauty of the Christmas story is murmured by the night wind, heard in the snowfall, seen in the light of the stars.

This is the loveliest night of all the year. Even if the sky is starless, a star is shining above Bethlehem's hill that we see still. Even if the sound of the city is discordant in our ears, an angel's choir sings songs of peace that our heart hears.

This is Christmas Eve. Tonight the Christmas story is retold in your heart; tonight the Christ is reborn in your heart. Tonight your heart is the manger that cradles the Christ child; your faith is the star that guides the Wise Men; your joy is the song that startles the shepherds.

Tonight the past and present are merged. No longer do you feel a gulf of years between Bethlehem and now. The wonder and the mystery of the everliving Christ encircles the years and brings to you a sense of oneness with all time, all space, all life. Tonight the Christ is born in you!

✱ *I bring you good tidings of great joy which shall be to all the people: for there is born to you this day . . . a Saviour, who is Christ the Lord.*—LUKE 2:10.

Christmas Day

DECEMBER 25

CHRIST IS BORN IN ME THIS DAY. HALLOWED
BE HIS PRESENCE WITHIN ME.

"Oh, let the bells in rapture ring
And peace its joy impart;
For He is come who shall be king:
The Christ in every heart.

"Upon this day His love supreme
Relights the inner flame,
And we who walked as in a dream
Awake to know His name;

"For He is here whom we adore,
Oh, happy thought and sweet!
Forever and forevermore
The Christ in you I greet."

* *There is born to you this day . . . a Saviour, who is
Christ the Lord.*—LUKE 2:11.

I AM NOT DISTURBED BY ANY APPEARANCE OF NEGATION. GOD GIVES ME STRENGTH AND RENEWS MY FAITH.

WE HAVE ONLY to look to God for inspiration, added strength, and renewal of faith. We are repeatedly told in the Bible to align ourselves with God and all will be well with us. The promises of deliverance are many, and no matter what may confront us, when we turn to the Father within, He hears and answers our prayers. When we lay claim to His promises, we are equipped to cope with negation intelligently and calmly. Keeping our equilibrium makes us clear, unclouded channels for the perfect manifestation of God's right outcome. It enables us to achieve right results in our own life and to assist others toward the same goal.

By beginning each day with a prayer, we are set firmly on the road to our highest good; we maintain an awareness of God's presence throughout the day; and we remain poised and undisturbed by the appearances of negation.

* *Thou wilt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee. Trust ye in Jehovah.—ISA. 26:3, 4.*

Wednesday

DECEMBER 27

I AM PATIENT AND SERENE AT ALL TIMES,
UNDER ALL CIRCUMSTANCES.

PATIENCE COMES through trusting in God. If we are impatient with other persons or with certain conditions in our life, we need to relax; we need to know that God is working in and through us to establish His good, to bring about right conditions.

If we are tempted to lose patience or become anxious about the outworking of our affairs, we can, through prayer, regain our peace of mind and strengthen our faith in God. We can learn to be patient and calm at all times, under all circumstances. We can learn to meet the impatience of others with love and understanding. Sometimes without realizing it, we become cross or impatient in our dealings with other persons, and they react by being impatient themselves. As we are patient, not with a sense of resignation, but with a feeling of faith, we shall not only be blessed ourselves but we shall help others to keep serene.

When we think about the goodness of God, when we know that He will never fail us, we find that we are free from any feeling of impatience.

✿ *Let patience have its perfect work.*—JAMES 1:4.

Thursday

GOD'S LOVE FILLS MY HEART WITH FORGIVENESS.

IT IS EASY to be forgiving, once you have felt God's love rise up within your heart to assure you that no one can keep from you the good He has for you. You learn that the actions of other persons do not stand in the way of your good; that only your own thoughts and feelings can keep you from being the happy, serene, accomplishing person you want to be.

It is prayer that lifts the heart beyond the fears and resentments which inhibit its happiness, and allows God's love to flow freely through. And it is God's love that gives the understanding and the assurance that make forgiveness a natural and spontaneous attitude.

Whenever you feel ill-treated or discriminated against, instead of allowing that feeling to grow, turn at once to prayer. Prayer lifts up the heart to where it can see all relationships and experiences in true perspective. When a heart is filled with God's love, it cannot fear or resent. It can only understand and forgive.

✿ *Be ye kind one to another, tenderhearted, forgiving each other.*—EPH. 4:32.

I GIVE THANKS FOR THE PRESENCE OF THY
LIFE-GIVING SPIRIT IN THE CELLS OF MY
BODY.

WE HAVE within the very cells of our body a healing force, a life-giving spirit. This is God within us. It is when this life-giving spirit is quickened into action that seemingly miraculous healings take place.

If you have need of healing, how can you quicken the life-giving spirit within you? The life-giving spirit is awakened and stirred into action through the direction of our thought, interest, and attention to it.

When we have a physical disorder, our thought already is directed to our body; our interest is centered in our desire to be well again. But what we need to do is to change our thought, to think about the life-giving spirit that is present in even the cells that seem diseased or damaged. When we consciously and persistently think of the healing, renewing, life-giving power as present and active within us, our consciousness of life is increased, and healing takes place.

✿ *It is sown a natural body; it is raised a spiritual body.*
—I COR. 15:44.

MY LIFE AND AFFAIRS ARE IN GOD'S KEEPING.
THE RIGHT WAY TO HANDLE ALL THINGS
IS REVEALED TO ME THROUGH SPIRIT.

AT THIS TIME many persons are facing change. Perhaps the head of some family you know is being called to the service, and many things must be considered, such as the best way to manage the affairs of the family in his absence. To every family, we say: Keep your faith in God's loving care and protection. Know that He is with you in all things. Do not become panicky, but trust in His Spirit to work through you to show you the right steps to take as the need for decision arises.

While this is a time of fear and unrest and indecision in the world, it is also a time of faith and certainty and guidance, to anyone who will turn within in trust. God has not forsaken us. His Spirit is unaffected by war or by any of man's fears. You may trust in His Spirit through all.

Place your hand in God's and know that the right way to handle all things will be revealed to you.


♣ *Jehovah will guide thee continually, and satisfy thy soul.—ISA. 58:11.*

I SURRENDER MY ENTIRE LIFE TO THE GUIDANCE OF SPIRIT.

IT IS GOD'S will for me to have all that I need to make my life useful and complete. It is right and good for me to pray for health, prosperity, security, and to affirm God's indwelling presence that brings these blessings into manifestation. But in addition I must be willing to let go of all selfishness and self-centeredness. It is not enough for me to affirm the presence of health in my being if I continue to hold a grudge against my neighbor. It is not enough for me to pray for success if I at the same time retain thoughts of selfish gain. If I desire any good thing in my life, I may be very sure that God desires me to have it. My part is to open my heart and mind and life to His influence.

My good is even now waiting to come into manifestation through my trust in God's Presence within. I surrender my entire life to the guidance of Spirit, and I act upon divine guidance as it is revealed to me.

✿ *Not every one that saith unto me, Lord, Lord, shall enter into the kingdom . . . but he that doeth the will of my Father.*—MATT. 7:21.



The Children's Book **YOU HAVE BEEN WAITING FOR!**

Just in time for Christmas! We are especially happy to announce the publication of the Unity version of the new book for children *Teach Me to Pray**, by Bill

and Bernard Martin (who produced "Bunny's Easter Gift," "Little Squeegy Bug," "Hook and Ladder No. 3," and "Lightning.")

The purpose of the 30 short stories in *Teach Me to Pray* is to bring children and their parents into a family comradeship where prayer is a joyful and natural part of each day. Each of the stories is accompanied by a Bible verse and a short prayer. These stories teach lessons in love, courage, service, obedience, tolerance, truth, self-control, faith, loyalty, co-operation, and so forth. Thoughtful parents will use this book as a springboard in serving the prayer needs of their children.

Beautifully illustrated in full color by Bernard Martin, *Teach Me to Pray* measures approximately 8 by 11 inches and is priced at \$1 a copy. Order now through

UNITY SCHOOL OF CHRISTIANITY, LEE'S SUMMIT, MO.

(NOTE: This book is not to be confused with the Unity book for adults, *Teach Us to Pray*, by Charles and Cora Fillmore.)

"Who" Is the Matter with You?

(Continued from page 4)

which is used for laboratory and research purposes. With the aid of an attachment that fits on the arm and a screen that receives amplified recordings of muscular activity, the responsiveness of the body to thoughts of the mind may be observed. Before the attachment is placed on the arm and the switch is turned on, a small straight line rests quietly across the screen. But immediately after a connection is made with the arm, the line breaks, and the screen becomes a picture of darting needle points of light, of spurts and jags, and sometimes of veritable spasms of action. The picture varies with the nature of the thinking of the one being experimented upon. Thoughts of relaxation reduce the action of the line; stimulation of thought quickens it; agitation sends the line into sparks of chaos and confusion. As this drama is enacted on the screen, no visible change is evident in the subject of the experiment. His arm lies quietly on the table. He merely changes the tenor of his thoughts.

Bodily health is far more than a reward for being good. The most devout person, the most conscientious parent, the most kindly person we can imagine may be subject to the anxieties, hurts,

and fears that cause the fine network of our body to depart from orderly functioning. Inner turmoil may be shared by saints and sinners alike. However, we are equipped with the power to overcome turmoil, and this overcoming power lies in the right attitudes of thought. For every unhappy situation that arises in our life, there is an attitude of thought that will give peace to our heart, peace to our mind, and in turn, peace to our body.

There is magic in an attitude of peace toward our fellow men, and many healing miracles are performed by simply complying with the commandments to "love one another" and to "be at peace among yourselves."

Pleasure in Radio Talks

"The daily radio program 'Unity Viewpoint,' " writes a student in Florida, "is a period of greatest inspiration and relaxation for me. Recently I gave my husband a copy of the book *Favorite Unity Radio Talks*, which he carried down to his office with him. Somehow throughout a busy day he always manages to read at least one of the lessons. This interest in the Truth messages seems to have aided him tremendously in self-confidence and in overcoming many problems."

Favorite Unity Radio Talks is a new standard Unity book, priced at \$1.

This Month **IN UNITY**



YOUR UNITY LIBRARY

Do you have a Unity library? Mr. H. M. of St. Paul, Minnesota, writes: "We are now owners of six of Unity's most popular books, and without any reservation, we can truly say that they are changing our entire outlook on life by the great, deep truths they reveal. The world has long lacked the practical, demonstrable Christianity that these books give us."

Unity publishes thirty-six standard books with matched bindings. You may obtain any six of these standard \$1 books for \$5 if you order between now and January 1.

NOTE FOR PARENTS

You can train your children in the Truth way from the moment they are able to read until they are grown—simply by starting them on the right

road with a gift subscription for **WEE WISDOM**, Unity's magazine for boys and girls 5 to 13. Its features are planned to teach them Truth through entertaining stories and play projects. When the children reach teen-age, they can "graduate" to **YOU**, Unity's new magazine for teen-agers, and continue with their Truth training until they are old enough to read the adult magazines. A year's subscription for **WEE WISDOM** is \$2; **YOU** is \$1 a year.

SEND UNITY GREETING BOOKLETS

Unity Greeting Booklets are designed for the special friends you wish to remember at Christmas and on other occasions with an inspirational message that is a little more comprehensive than that of an ordinary greeting card. Each booklet contains twenty-four or more pages, and several of the booklets have an inscription page, where you may write in the name of the friend to whom you are giving the booklet. For a list of greeting booklets suitable for Christmas giving, see the announcement on page 48 of this magazine.





Now Is the Time



UNITY

for Advanced Truth Students

A Unity publication rich in material for the advanced student of Truth. The keynote is healing through faith. Published monthly. \$1 a year.



DAILY WORD

for Busy People

A monthly periodical of daily page-length lessons to be studied along with other Unity periodicals for adults. Also contains articles and poems. \$1 a year.



GOOD BUSINESS

for Business People

A magazine that teaches business men and women to think in terms of success, through the application of Truth principles in the business world. Published monthly. \$1 a year.

WEEKLY UNITY

for Beginners in Truth

Eight pages of simple, practical reading matter each week. Especially helpful to those who are new in the study of Truth. Fifty-two issues yearly, \$1.



TO ORDER UNITY MAGAZINE GIFT SUBSCRIPTIONS



YOU

for Young People

Unity's newest magazine, planned especially for teen-agers. Both entertaining and inspirational in content, YOU is the ideal choice for young people. Published monthly. \$1 a year.



WEE WISDOM

for Boys and Girls

A fascinating, illustrated magazine for boys and girls 5 to 13. Full of entertaining, constructive features and stories that help to build character. Published monthly. \$2 a year.



Christmas gift subscriptions will begin with the Christmas issue of the magazines you select and will be preceded by an attractively designed Christmas card announcing your gift.

UNITY SCHOOL OF CHRISTIANITY
Lee's Summit, Mo.

Give Unity Greeting Booklets This Christmas

Unity Greeting Booklets are attractive post-card-size booklets containing approximately 24 pages. Each booklet presents an inspirational message that will gladden the hearts of your friends at the Christmas season.

Unity's Newest Booklet SANCTUARY

Other Greeting Booklets

<i>Life Is Consciousness</i>	<i>God Is Blessing You Now</i>
<i>The Christmas Spirit</i>	<i>First Things First</i>
<i>Christmas Blessing</i>	<i>The Gift Imperishable</i>
<i>Holy Bread</i>	<i>Where I Am King</i>
<i>The Mental Equivalent</i>	<i>To Them That Ask</i>
<i>Are You Getting All You Want from Life?</i>	

Booklets are priced at 10 cents each, or you may order all 12 for \$1. An attractive Christmas mailing envelope is included with each booklet ordered.

UNITY SCHOOL OF CHRISTIANITY
Lee's Summit, Mo.

TWO NEW BOOKS FOR CHRISTMAS

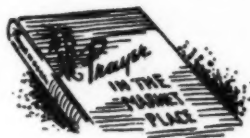
CRYBABY KANGAROO

By Georgia Tucker Smith

Enchantingly illustrated in color,
with a stiff cover in full color.
Book measures 8 by 10½ inches.




PRAYER IN THE MARKET PLACE



A collection of selected
articles from *Good
Business*, Unity's
monthly magazine for
business people.


Each book is priced at \$1.

UNITY SCHOOL OF CHRISTIANITY
Lee's Summit, Mo.



A Christmas Blessing from Silent Unity

Whoever you are, we love you;
Wherever you are, we bless you;
Whatever your need, we pray for you:
Christ strengthen your heart;
Christ heal your body;
Christ quicken your mind;
Christ bring peace to your affairs;
Christ bring light to your soul;
Christ be with you at this Christmas time.



me.